



# **TRINITY TOPICS**

***The Newsletter of Trinity Episcopal Church***

**POTTSVILLE, PENNSYLVANIA**

**Phone: 570.622.8720**

**Web: [www.trinityepiscopalpottsvillepa.org](http://www.trinityepiscopalpottsvillepa.org)**

**Email: [trinitypottsville@verizon.net](mailto:trinitypottsville@verizon.net)**

**March/April 2016**

“Remember that you are dust, and to dust you shall return”

With those words, we began our Lenten journey of forty days on February 10, Ash Wednesday. The following is the Lenten schedule including Holy Week:

Wednesdays at 6:15 – Soup and Salad Suppers will be followed by Evening Prayer at 7 pm in St. Luke’s Chapel. Sign up for the suppers on the bulletin board across from the lounge.

## HOLY WEEK SCHEDULE:

<u>Palm Sunday, March 20</u>	9 am Holy Eucharist, Bishop Sean celebrant.
<u>Monday, March 21</u>	7 pm, Evening Prayer, St. Luke’s Chapel
<u>Tuesday, March 22</u>	7 pm, Evening Prayer, St. Luke’s Chapel
<u>Wednesday, March 23</u>	6:15 pm – Lenten Supper, 7pm– Evening Prayer
<u>Holy Thursday, March 24</u>	7 pm - Maundy Thursday Liturgy, Fr. Peter Harer 8 pm - Midnight, Vigil at the Altar of Repose, St. Luke’s Chapel 11:45 pm – Compline
<u>Good Friday, March 25</u>	12 Noon, Community Service at United Presbyterian Church, 214 Mahantongo St. Pottsville. 3 pm – Stations of the Cross in our Sanctuary
<u>Holy Saturday, March 26</u>	6:15, Young People’s Easter Egg Hunt in the Undercroft 7 pm – Great Vigil of Easter, Fr. Peter Harer
<u>Easter Sunday, March 27</u>	9 am, Sung Festal Holy Eucharist, Canon Anne Kitch celebrant.

We end our forty days of prayer, penitence and fasting with the triumphal song:  
Alleluia, He is risen! He is risen indeed, Alleluia!

### **Trinity Church’s Mission Statement**

“Living loving, sharing in the name of Jesus Christ”

### **Vision Statement**

“Honoring the past as we build a strong foundation for the future, while sharing our Christian faith through service to the community.”

## **Staying Connected to the Pilgrimage**

During 2016, the Diocese of Bethlehem is going on a pilgrimage. Information can be obtained on a page on the website: [www.diobeth.org/category/pilgrimage](http://www.diobeth.org/category/pilgrimage) This will be updated regularly--you can find it under "Congregational Resources" on the menu--and the monthly newsletters will feature pilgrimage information and news each month. Anyone can sign up to receive the monthly email newsletter and/or the monthly Pilgrimage News, and back issues are available on the website. Visit the website and sign up for the newsletter list.

The Bethlehem Episcopalians Facebook group will also be home to ongoing pilgrimage discussion. <https://www.facebook.com/groups/bethlehemepiscopalians/>  
You are encouraged to request membership and join in the conversation.

Each Sunday a special insert will be put in the bulletin to help us go on this journey with the people in our parish. Be sure to read the insert and think and pray about the questions for exploration.

Using the prayers listed each week in the bulletin, pray for the Diocese of Bethlehem and the people in our Diocese so that we will have a successful pilgrimage into the future.

## **Sunday School**

Thank you to all who donated items for our outreach project for the pediatric units. Your donations were greatly appreciated and helped to make the days in the hospital brighter for many sick kids. Thank you for helping us to continue this mission.

The annual Easter egg hunt will be held on Easter Eve at 6:15pm in the undercroft followed by light refreshments before the service. Anyone willing to donate filled plastic eggs or finger foods please see Dawn Burns.

## **Youth News**

On February 13 the youth group sponsored a successful family game night. Twenty-five people attended and enjoyed playing Minute to Win it Games, their favorite board games, food, and fellowship. We are planning to make this a semi-annual event since game night was so well received.

The youth are busy working on their Talents Project and have come up with interesting and commendable ways to utilize the money they were given to help make someone's life better. The ideas include making a gift basket to raffle for cancer treatment for a classmate's mother, delivering packages of cheer to neighbors, and pooling money to hold a bake sale to benefit some local organizations. On Sunday April 10 before and after our service, some of our youth group members will be selling baked goods as a part of their project. Please stop by and support them in this endeavor.

## **Memorial and Thanksgiving Opportunities**

If you are thinking of a special tribute in memory of loved ones or in thanksgiving for special people or blessings in your lives, the Paschal Candle, which is lit at the Easter Vigil and used throughout Eastertide, is available and also new altar linens are needed. Another opportunity would be for new flags for the front entrance of the church when they are needed. If you would like to know the cost, please contact Edna at the parish office.

## **UTO Boxes**

Each and every day there are so many blessings to be thankful for. Please remember that even small change offerings in your UTO blue box can add up to so much when we have our annual ingathering in the fall. "Change" changes lives all around the world and here at home. Thank you for remembering all that you have to be grateful for so others can benefit.

## **Calling All Artists**

It's time to get your creative juices flowing and contribute to our Annual Art Exhibit in conjunction with the Concert Series. We have so many talented artists in our midst. Please share your works in the medium of your choice so that our audience at the April 10<sup>th</sup> concert can enjoy them during the reception. The deadline for bringing your art to the church is Friday, April 1. The exhibit will be hung during the following week. If you have any questions or would like to help with the exhibit, please contact Cora. Looking forward to all your masterpieces!

## **Reception Goodies**

It's concert time on April 10 and we are looking for the usual bounty that our concert goers look forward to after hearing wonderful music. Please sign up across from the lounge or in the ambulatory with your culinary treats. Thank you in advance!



**TRINITY EPISCOPAL CHURCH**  
**2nd and Howard Avenue**  
**Pottsville, PA**  
**570-622-8720**

### **Trinity Candy Sale**

Peanut Butter Eggs dipped in milk chocolate or Coconut Crème Eggs dipped in dark chocolate. Available in pound (\$11.00) and half pound boxes (\$5.50)

Peanut Butter Eggs \_\_\_\_\_ pound \_\_\_\_\_ half pound

Coconut Crème Eggs \_\_\_\_\_ pound \_\_\_\_\_ half pound

½ Peanut Butter ½ Coconut Crème \_\_\_\_\_ pound

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Please complete order form and place in collection plate or give to Carla Kauffman.

### **Soup Sale**

Trinity's next Soup sale will be held on Sunday, March 6<sup>th</sup>. We are looking for all our soup makers to make their favorite soup and bring it to sell. Quart and pint containers are available on the piano in the lounge. The price will be \$6.00 for the quarts and \$3.00 for the pints

### **Easter Flowers**

In Memory of:

\_\_\_\_\_

\_\_\_\_\_

In Thanksgiving for:

\_\_\_\_\_

\_\_\_\_\_

Given by:

\_\_\_\_\_

Envelope # \_\_\_\_\_

**Please return requests by Sunday, March 13, 2016.**

**Please Print**

## **THE MUSIC CORNER**

By Cora A. Gamelin-Osenbach

The music in our worship has taken on a more somber tone as we have entered Lent. The anthems the choir presents are prayers for you to ponder as you walk your forty-day journey. We are also preparing for the triumph of our Lord on Easter as are the children. They will sing on Palm Sunday as Bishop Sean joins us and are preparing for Easter when we resurrect the Alleluias. Canon Anne Kitch will join us for our Easter Eucharist as celebrant.

**CONCERT SERIES** - Sunday, April 10<sup>th</sup> is our next concert in this year's series. Please check the enclosed flyer for details. Cody Mead is an exceptional young organist and we are thrilled to have his share his talents with us. 4pm is the time followed by our usual delightful reception and the Trinity Art Exhibit.

**TRINITY ARTISTS** - Our annual Art Exhibit is coming fast. Hopefully you have been inspired in your medium of choice and will bring your works to the church by Friday, April 1<sup>st</sup>. That is the deadline so we can hang the show in time for April 10<sup>th</sup>. Your creativity is a great addition to our concert. We can't wait to see your offerings! If you have any questions, please see Cora.

**CULINARY ARTISTS** - Your creativity with food is also a great pleasure to our concertgoers. Please use the sign-up sheets in the ambulatory and across from the lounge with your luscious treats for all to share. Thank you!

# Trinity Episcopal Church Concert Series



Sunday April 10, 2016  
at 4 pm

## Cody Mead organist

Organist Cody Mead is a native of Bloomsburg, PA. He is currently the Director of Liturgical Music at St. Mary's Church in Newport, RI, which is famous as the site of the wedding of John F. Kennedy to Jacqueline Bouvier in 1953. At St. Mary's, he directs two choirs, a concert series centered around the Catholic Holy Days of Obligation and a summer concert series.



Mr. Mead is a former student of Canon Mark Laubach and is a composer and transcriber.

His program will include some of his own transcriptions in addition to works of J.S. Bach, Jeanne Demessieux and Sigfrid Karg-Elert.

Please join us as this young artist graces our console and sanctuary.

*Come meet the Artist at a post-concert reception being held in conjunction with the Ninth Annual Trinity Artists Exhibit.*

No Admission Fee - Free Will Offering Taken

For more information, contact Trinity Episcopal Church  
200 S. Second Street, Pottsville, PA 570-622-8720  
trinitypottsville@verizon.net trinityepiscopalpottsvillepa.org

*Trinity is Handicapped Accessible*

### Upcoming Events

SIMON MAURER, VIOLIN ■ DR. XUN PAN, PIANIST

Sunday May 15, 2016 at 4 pm

## NEWS FROM MARION C. PRICE TRUST FUND



**Heart Disease and Women** – Coronary Heart Disease (CHD) – the most common type of heart disease – is the #1 killer of both men and women in the United States. Another type of heart disease: Coronary Microvascular Disease (MVD), also pose a risk for women.

The coronary arteries supply blood to the heart muscle. These arteries run along outside the heart and have small branches that dive into the heart muscle to bring it blood.

*Coronary Heart Disease* – is a disease in which plaque builds up on the inner walls of your coronary arteries. When plaque builds up in arteries, the condition is called atherosclerosis.

Plaque is made up of fat, cholesterol, calcium and other substances found in the blood.

Hardened plaque narrows the coronary arteries and reduces the flow of oxygen-rich blood to the heart. This can cause chest pain or discomfort called angina.

If the plaque ruptures, a blood clot can form on its surface. A large blood clot can mostly or completely block blood flow through a coronary artery. This is the most common cause of a heart attack.

Although men and women can experience chest pressure that feels like an elephant sitting across the chest, women can experience a heart attack without chest pressure.

Instead they may experience:

- pain or discomfort in one or both arms, the back, neck, jaw or stomach
- shortness of breath with or without chest discomfort
- nausea, lightheadedness or breaking out in a cold sweat
- extreme fatigue

*Coronary Microvascular Disease (MVD)* is a heart disease that the heart's tiny arteries are damaged or diseased. Many researchers think that a drop in estrogen levels during menopause combined with other heart disease risk factors causes coronary MVD.

With coronary MVD - you may feel pressure or squeezing in your chest, shoulders, arms, neck, jaw or back. You may also notice a feeling of indigestion, shortness of breath, sleep problems, fatigue and lack of energy.

Coronary MVD symptoms often are first noticed during routine daily activities (such as shopping, cooking, cleaning and going to work) and times of mental stress. This differs from CHD, in which symptoms often appear while a person is being physically active-such as while jogging, walking on a treadmill or going upstairs.

It is extremely important that if you are having any of the symptoms discussed here that you do not disregard, ignore or put off calling 911 until later. Even when the signs are subtle, the consequences can be deadly, especially if the victim doesn't get help right away.

**Call 911 immediately, explain to them exactly how you are feeling and get to a hospital right away.**

The good news is that you can lower your risk of heart disease by:

- Schedule an appointment with your healthcare provider to learn your personal risk for heart disease.
- Quit smoking- after just one year you could cut your risk of a heart attack or stroke by 50%.
- Start an exercise program-just walking 30 minutes a day can lower your risk for heart attack and stroke.
- Modify your diet with healthier snacks, better prep methods, and chose leaner meats.

**Operation We Care** does make a difference. We received this letter from a local serviceman.

*To the Episcopal churches of Schuylkill County and to the Frackville American Legion Post 398 Ladies Auxiliary: Please accept my sincere "thank you" for the care packages you sent to me as I am away from home on military deployment. Being away from family and friends during the holiday season is not easy – but cards, gifts and care packages from caring individuals makes it bearable and "special" at the same time. This is my 3<sup>rd</sup> holiday season away from home in the 6 years and YOU have cared enough to send packages to me on those trips as well – thank you again – your support to myself and the countless other Schuylkill County service members is deeply appreciated! Merry Christmas – Happy New Year.*

*Michael Cuttic/USMC – Frackville, PA.*



# March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> 9:00am Yoga 5:30pm Zumba 6:45pm Couples Dance	<i>2</i> 12noon Healing Service 6:00pm Yoga 6:15pm Soup/Salad Supper 7:00pm Evening Prayer 7:30pm Choir	<i>3</i> 5:00pm Yoga 6:15pm Zumba	<i>4</i> 7:00pm Ballroom Dance	<i>5</i>
<b>6 LENT IV</b> 9:00am Service 9:00am Sunday School Soup Sale-Lounge	<i>7</i> 7:30pm AA Meeting	<i>8</i> 9:00am Yoga 5:30pm Zumba 6:45pm Couples Dance	<i>9</i> 12noon Healing Service 6:00pm Yoga 6:15pm Soup/Salad Supper 7:00pm Evening Prayer 7:30pm Choir	<i>10</i> 5:00pm Yoga 6:15pm Zumba	<i>11</i> 7:00pm Ballroom Dance	<i>12</i>
<b>13 LENT V</b> 9:00am Service 9:00am Sunday School 10:15am Vestry	<i>14</i> 4:30pm Soup Kitchen 7:30pm AA Meeting	<i>15</i> 9:00am Yoga 5:30pm Zumba 6:45pm Couples Dance	<i>16</i> 12noon Healing Service 6:00pm Yoga 6:15pm Soup/Salad Supper 7:00pm Evening Prayer 7:30pm Choir	<i>17</i> 5:00pm Yoga 6:15pm Zumba	<i>18</i> 7:00pm Ballroom Dance	<i>19</i>
<b>20 PALM SUNDAY</b> <b>Bishop Sean</b> 9:00am Festal HE & Blessing of the Palms 9:00am Church School	<i>21</i> 7:00pm Evening Prayer 7:30pm AA Meeting	<i>22</i> 9:00am Yoga 1:00pm MPTF Meeting 7:00pm Evening Prayer	<i>23</i> 12noon Healing Service 6:00pm Yoga 6:15pm Soup/Salad Supper 7:00pm Evening Prayer 7:30pm Choir	<b>24 Maundy Thursday</b> 7:00pm Service 8:00pm till Midnight Prayer Vigil 11:45pm Compline	<b>25 Good Friday</b> <b>Office Closed</b> 12noon Community Service at United Presbyterian Church <b>3:00pm Stations of the            Cross-TEC Sanctuary</b>	<b>26 Holy Saturday</b> 6:15pm Easter Egg Hunt 7:00pm Easter Vigil Service
<b>27 EASTER DAY</b> <b>Canon Kitch</b> 9:00am Sung Festal HE	<i>28</i> 7:30pm AA Meeting	<i>29</i> 9:00am Yoga 5:30pm Zumba 6:45pm Couples Dance	<i>30</i> 12noon Healing Service 6:00pm Yoga <b>NO CHOIR</b>	<i>31</i> 5:00pm Yoga 6:15pm Zumba		

# April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 7:00pm Ballroom Dance	2
3 <b><u>EASTER II</u></b> 9:00am Service 9:00am Sunday School	4 7:00pm CBPT Meeting 7:30pm AA Meeting	5 9:00am Yoga 5:30pm Zumba 6:45pm Couples Dance	6 12noon Healing Service 6:00pm Yoga 7:15pm Choir	7 5:00pm Yoga 6:15pm Zumba	8 Pottsville Kiwanis Club Yuengling Lager Jogger Spaghetti Dinner 5:00-8:00pm	9
10 <b><u>EASTER III</u></b> 9:00am Service 9:00am Sunday School Youth Group Bake Sale 4:00pm Concert Series	11 7:30pm AA Meeting	12 9:00am Yoga 5:30pm Zumba 6:45pm Couples Dance	13 12noon Healing Service 6:00pm Yoga 7:15pm Choir	14 5:00pm Yoga 6:15pm Zumba	15 7:00pm Ballroom Dance	16
17 <b><u>EASTER IV</u></b> 9:00am HE 9:00am Sunday School 10:15am Vestry	18 4:30pm Soup Kitchen 7:30pm AA Meeting	19 9:00am -1:00pm AARP Refresher Course-Parish Hall 5:30pm Zumba 6:45pm Couples Dance	20 12noon Healing Service 6:00pm Yoga NO CHOIR	21 5:00pm Yoga 6:15pm Zumba	22 7:00pm Ballroom Dance	23
24 <b><u>EASTER V</u></b> 9:00am Service 9:00am Sunday School	25 7:30pm AA Meeting	26 9:00am Yoga 5:30pm Zumba 6:45pm Couples Dance	27 12noon Healing Service 6:00pm Yoga NO CHOIR	28 5:00pm Yoga 6:15pm Zumba	29 2:00pm Arbor Day 7:00pm Ballroom Dance	30



## Charles Baber Preservation Trust

Yes, Spring will soon be here. Although, the month of February has really confused the trees with very warm days, melting snow, then two feet of snow, frigid days, heavy torrential rain days, and then warm days again. However, when Spring finally arrives, in particular by April, it is a very busy time at the Baber Cemetery because it is spring clean-up time. There is windblown trash and litter to be picked-up, and many fallen branches to be gathered up. If they are really big and heavy, they have to be cut first. The buildings have to be inspected for winter damage, and the lawn mowing and weed whacking equipment has to be serviced. And as mentioned in the *GateHouse Views* newsletter, we at some point will need to purchase a new leaf vacuum at a cost of \$4,000. This purchase won't occur until we have received enough donations to cover the purchase price.

March at the Baber cemetery is a quiet month with the soil gently thawing from the freezing winter temperatures; and with the snow quietly melting. But the tree leaves don't unfurl until April. The first of the trees to awaken are 'red sunset' red maple that run the length of Mt. Laurel Ave. from the 16th Street entrance to the chapel. The red maple have a red coloring on their tiny leaves before they begin to open and turn green. Other trees, like the sugar maple down passed the pond and the Norway maple in front of the chapel will start to show signs of faint green leaves. The trees like the pin oak in the half loop by the 16th Street entrance and along the east Market St. wall, and the swamp white oak to the west of the pond, and the dawn redwood, one section down and to the east of the pond, are still carrying their brown leaves from the fall. The new growth is slower in coming because the old leaves must be dropped first. By the end of April and into the first week of May, many of the remaining trees, like the American Beech down from the Atkins mausoleum, the white oaks by the 14th Street entrance, and the London planetree by the west Market St. wall are also starting to bud.

Before we say good-bye to winter and before the leaves have fully developed and enveloped the trees, take some walks and enjoy the trees as they stand now in their barren state. Notice the many different trunks. Notice the striations of the trunks. Some like the red oak have very long deep, sharp edged striations. Some trees, like the pin oak have grooves, but their surface is flat. Others have many blocked shaped grooves, while others have diamonds shaped grooves. Some trees like the American beech and the red maple have very smooth trunks. Some trunks have dark spots while others, like the planetree have large light spots. And the trunk colors differ from specie to specie. Some are pale brown, some are grey, and some have a reddish color. So much to see and so little time remain in the winter season to really see each tree.

And while we are catching our last fleeting glimpses of the barren trees with their exposed trunks, take note to the arborvitae and the evergreens like the Norway spruce and the Eastern white pine. While they stand very prominently now among the bare landscape, soon they will be overshadowed and hidden by wide massive full volume leaf laden trees.

Besides the excitement of Spring finally being here, and the budding trees, we have an exciting event known as our Arbor Day tree planting and blessing day. At Baber Cemetery, the Arbor Day tree planting and tree blessing service is celebrated on April 29 at 2:00. We will be planting 10 new trees, primarily by the pond area. The trees are available for adoption or sponsorship at \$400 per tree. The majority of the proceeds will be used to removed old dead or diseased trees. There are still several partially dead ones with hollow trunks that will have to be removed this year before they fall and damage something or hurt someone. If you can sponsor a tree, that would be wonderful. If you can't then come anyway and enjoy the service, the tree proclamation by the City Council representative, the reading of poems by high school students, and the blessing of the trees. It is a rewarding experience and an all around fun day.

## Trinity Episcopal Church

200 South Second Street  
Pottsville, PA 17901  
Phone: 570.622.8720  
Fax: 570.621.3221  
Return Service Requested

**Deadline  
For  
May/June "Topics"  
Monday April 18, 2016**

Non-Profit Org.  
U. S. Postage  
PAID  
Permit No. 305  
Pottsville, PA 17901

### March Birthdays

4 — David Reed III  
7 — Kaitlin Polcrack, Dr. Kurt Kovalovich  
12 — Elaine Howe, Vivian Smulley  
16 — Tom Curtis, Ruth Bohnenblust  
19 — Adam Eckert  
21 — Diana Beausang, Robert Hess, Waverly I. Bacon III  
23 — Henry Beaver, Jace Oerther  
28 — Debbie Boris  
29 — George Stone, Jr.  
30 — Sky Eckert

### April Birthdays

1 — Kristen Jusinski  
2 — John Faust, Sylvia Nabholz  
3 — Frank Grabowski  
5 — Veronica Rutecky, Joseph Jusinski, Mallory Hopkins  
7 — Angelique Bacon Woodward, Melissa Perry  
9 — Wesley Bacon, John Thomas Curtis, III,  
Dale Bonenberger, Christopher Circelli  
11 — Janet Curtis, Gabriel Fitzpatrick  
12 — Cora Gamelin-Osenbach, Ronald J. Boris, Jr.  
14 — Darlene Bowler, Brenda Lindemmuth, Tracey Eckert  
15 — Jerry Simatos, Braeden Jones  
16 — Robert Emery  
17 — Mikayla Momula  
18 — Angela Brennan, Everly Boyer  
19 — Mark Bacon  
23 — Richard Brennan  
24 — Joan Cake  
25 — Randy Stewart  
27 — Elena Jolee Holden, Maegan Frederick  
28 — Susan Pozza  
29 — Holly Portland MacLea